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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

Food For Your Children

Give Your Children Their Chance

They ought to have it and you want to give it to them.

They Must Have the Right Food

Think how fast the child grows. The new muscles and bones and all the other parts of the body are made from the food which the child eats.

Give him clean, wholesome, simply cooked food—plenty of milk, cereals, vegetables, fruit, an egg or some meat occasionally.

Wrong food—too little, too much, or wrong kinds—hurts the child's chance of being the strong, healthy boy or girl you want.

Right food—may mean

Strong bodies

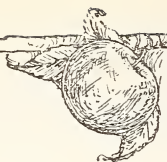
Good brains

Rosy cheeks

Bright eyes

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Help Your Child To

Here's Good Food for a Real Youngster's Day

A good breakfast to start him off—milk, corn-meal mush, apple sauce. It makes him fit for school and fit for play.

Milk and plenty of it, makes him grow—a quart each day if you can. Put it on his cereal and in his cup. Make it into soups, puddings, or custards for him. Try the recipes on the last page and watch him smile.

Whole milk is best, of course, but skim milk is good if there is a little butter in his meals. Cottage cheese is good, too.

No coffee or tea—not even a taste. Leave them for the grownups. Milk, cocoa, not too strong, and fruit juices are the drinks for children, and plenty of water always.

Fruit they enjoy, and they need it, too—baked apples, apple sauce, thoroughly ripe bananas, prunes, oranges, etc. Give them vegetables, fresh or canned. Plenty of fruits and vegetables tend to prevent constipation. Use proper food and do not depend upon laxatives. The youngster can't be well unless the bowels move regularly. Don't let him hurry off in the morning without attending to this duty.

Other foods a child needs: Whole wheat bread, not too fresh, corn bread, well-cooked oatmeal, corn meal, rice. They help make strong boys and girls. Some fats, butter or margarine or meat fats on his bread or in gravies. An egg, perhaps, particularly if he doesn't get his full quart of milk, or he can have a little meat or fish, but he does not need much.

Sweets are good for them—the right ones at the right time. Dates, raisins, stewed fruits, simple puddings, sugar cookies, are better than candy. Give them at meal times.

Between meals let them have bread and butter, a cracker, or fruit. They won't spoil the appetite, and candy will.



Grow Big and Strong



Plan Meals Like These

Here are two sets of the right kind for your youngster. Grown people will like them, too. If sometimes these seem too much work, bread and milk alone will make a good meal.

BREAKFAST

No. 1.

Apple sauce.
Oatmeal with milk.
Milk to drink.

No. 2.

Stewed prunes.
Cocoa (weak).
Toast and butter.

DINNER

No. 1.

Stew, with carrots, potatoes,
and a little meat.
Whole wheat bread.
Creamy rice pudding.
Milk to drink.

No. 2.

Fish, with white sauce.
Spinach or any greens.
Corn bread.
Milk to drink.

SUPPER

No. 1.

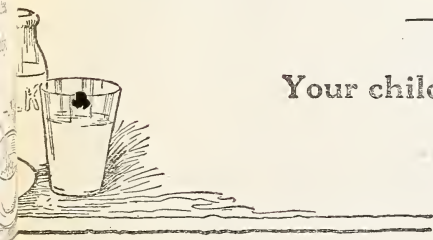
Cream of bean soup.
Crackers and jam.
Milk.

No. 2.

Baked potato.
Apple Betty.
Milk.

Your child must have

the best of foods





Good Dishes for Children

These dishes are good for children and grown-ups too. The recipes provide enough for a family of five.

MILK-VEGETABLE SOUPS

1 quart milk (skim milk may be used). 2 cups thoroughly cooked vegetable
2½ tablespoons flour. finely chopped, mashed or put
2 tablespoons butter or margarine or through a sieve. Spinach, peas,
other fat. beans, potatoes, celery, or aspara-
1 teaspoon salt. gus make good soups.

Stir flour into melted fat and mix with the cold milk. Add the cooked vegetable and stir over the fire until thickened. If soup is too thick, add a little water or milk.

RICE PUDDING

1 quart milk. ½ teaspoon salt.
⅓ cup rice. ⅛ teaspoon ground nutmeg or
⅓ cup sugar. cinnamon.
½ cup raisins or chopped dates.

Wash the rice, mix all together, and bake three hours in a very slow oven, stirring now and then at first. This may be made on top of the stove in a double boiler, or in a fireless cooker. Any coarse cereal may be used in place of rice.

For more suggestions, send to the U. S. Department of Agriculture for Farmers' Bulletin 717, "Food for Young Children." It tells more about feeding children and the reasons why right food is so important. It shows every mother how to give her children their chance in life.

United States Food Leaflet No. 7

